



# Training Camp

## Beaufort 2016 Luxembourg

### 26. June 2016

### U11, U13, U15, U18



Date	Schedule	Warming up + Uchi-komi	Randori
Sunday, 26 June	09:30-12:00 h	30 min	10 x 4 min - Tachi Waza (60 min) 7 x 4 min - Ne Waza (30 min)
	14:00-16:00 h	20 min	6 x 4 min - Ne Waza (30 min) 10 x 4 min - Tachi Waza ( 60 min)

Participation Fee: gratis

Lunch: 12.-€ (registration before 15. June 2016)

Contact: Zuné Gilbert, email: [zuneg@pt.lu](mailto:zuneg@pt.lu)

The organizer declines all responsibilities, concerning accidents, injuries and other corporal and material damages in relation to the organisation, transport and sport activities.

Accommodation on request – Youth hostel, hotel, or camping [www.judoclubbefort.lu](http://www.judoclubbefort.lu)

